



Name	Bill Barrett
Age	54
Hometown	Madison, New Jersey
Zodiac sign	aries
Hobbies	backcountry fly fishing, skiing, hiking, kayaking
I deal with stress by...	being outdoors, listening to music, working out, finding ways to joke about my stress, and trying to remember that others have it much harder. I also rely on my family and friends to make me laugh and get me back on track.
I prevent stress by...	getting up early and finding quiet time each day. I do this even on weekends.
What I think about nutrition:	Real food, plain and simple. Nothing low fat, diet or sugar-free, and, of course, dark chocolate almonds!
What I think about exercise:	Exercise is important not only physically but mentally. Once you get into a routine, it becomes natural. The earlier in life you start, the better, but it's never too late.
Most favorite exercise:	are back squats–because I know they are good for me.
Least favorite exercise:	are back squats–because I find them to be painful and I'm not very good at them!

<p>I focus on my mental health by:</p>	<p>trying to be proactive and realize that taking care of yourself and those around you is a daily task that must be performed with purpose. Life to me is about balance and routine. I find safety in that.</p>
<p>A fun fact about me is....</p>	<p>I was born on the same day as my dad (April 12) and my son Charlie was born the next day (April 13). Different years of course. ;-)</p>